

RANGE COOKERYOVEN MEAL

Baked Chicken

Oven Fried Potatoes

Beets

Salad

Fruit Betty

Time:  $1\frac{1}{2}$  hours

Temperature 375° F.

Chicken--Cut up  $2\frac{1}{2}$  lbs. chicken as for frying. Roll in melted butter, salt, and flour lightly. Place in shallow aluminum baking pan.

Potatoes--Cut potatoes lengthwise as for French frying. Dry and dip into melted butter. Place in baking dish.

Beets--Peel beets and slice or quarter. Place in covered pan with 1 teaspoon salt and  $\frac{3}{4}$  cup water.

<u>Fruit Betty</u> --	$\frac{1}{4}$ c. butter	3 c. fruit cut up
	$\frac{1}{2}$ c. soft bread crumbs	$\frac{1}{2}$ c. cold water
	$\frac{1}{4}$ to $\frac{1}{2}$ c. sugar	Juice and rind of 1 lemon
	$\frac{1}{4}$ tsp. cinnamon	

Melt butter and add bread crumbs. Mix cinnamon and sugar. Butter a baking dish and put into dish a layer of fruit and crumbs. Sprinkle with sugar. Repeat until dish is filled; add lemon to water and pour over fruit and crumbs. Put bread crumbs on top, or cocoanut if desired.

THRIFT COOKER

Steamed Vegetable Dinner--Carrots, potatoes, onions and cauliflower. Prepare vegetables and sprinkle with salt. Place carrots in bottom of cooker, then potatoes, then onions and cauliflower on top. Place  $\frac{1}{2}$  cup of water in cooker and turn on high until steam escapes through vent. Turn to low and cook 20 to 35 minutes. Do not turn switch off until you are ready to take cooker pot out of well. Separate all vegetables immediately.

SURFACE COOKERYWash Day Special or

<u>Chili Con Carne</u> ---	1 lb. ground round steak	1 onion chopped
	$2\frac{1}{2}$ c. tomato juice	2 t. chili powder (optional)
	1 small can of kidney beans	1 t. salt
	$\frac{1}{2}$ c. raw rice washed	2 t. lard

Place lard and meat in heavy frying pan. Turn switch to high heat. When meat begins to get crumbly add all the rest of the ingredients and mix thoroughly. Place lid on pan. When steam escapes, turn unit completely off and cook on stored heat for rest of hour. Do not lift lid or stir again. Rice will not stick and will be thoroughly cooked.

MAR 29 1948



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HOTPLATESouthern Skillet Meal

5 pork chops	salt
4 apples	1 c. raisins or prunes
3 sweet potatoes	$\frac{1}{2}$ c. brown sugar

Place skillet on unit, turn hotplate to high. Brown pork chops on high or medium speed and salt. Wash and cut sweet potatoes in slices crosswise without peeling; core apples and cut in four slices crosswise, with peeling. Put sweet potatoes and apples on top of pork chops, salt. Add raisins or prunes, brown sugar and water. Cover and turn switch to high until steaming vigorously. ( $\frac{1}{4}$  cup water will produce enough steam; with very juicy chops, no water will be needed.) Turn to low 15 minutes; for last 10 minutes of cooking, turn off.

With large hotplate, turn off after steaming, cook total of 30 minutes including steaming time.

Rice

1 c. rice  
1 tsp. salt  
 $1\frac{1}{2}$  c. water

Wash rice, add salt and water and cover tightly. Place on unit. Turn unit to high speed until steam escapes freely. Turn unit off and let rice cook on stored heat 25 minutes.

APR 7 1948



THANKS



## ELECTRIC ROASTER

### Ham Loaf

Steamed Onion and Carrots

Apricot Surprise

Time:  $1\frac{1}{2}$  hours

Temperature-375° F.

Directions: (1) Prepare ham loaf, vegetables and dessert. (2) Preheat roaster to 375° F. (3) Arrange pans of food in roaster, cook  $1\frac{1}{2}$  hours.

### Ham Loaf

1 lb. ground ham	$\frac{1}{4}$ cup minced onion
1 lb. ground beef or pork	$\frac{1}{2}$ cup chopped pimento
$\frac{1}{2}$ cup bread crumbs	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup tomato ketchup	$\frac{1}{8}$ tsp. pepper
1 egg	1 tsp. prepared mustard

Mix together meats, seasonings, bread crumbs and egg. Pour ketchup into bottom of well greased pan. Pack in the meat mixture. Bake as directed under above menu. To serve: Turn out in large platter, and place onions and carrots around loaf. Garnish with parsley.

### Steamed Onions and Carrots

Prepare small whole onions and small whole carrots and place in deep vegetable pan of electric roaster. Add salt for seasoning and  $\frac{2}{3}$  cups water to vegetable before cooking. Cover while cooking. Cook in electric roaster with meat loaf and dessert.

### Apricot Surprise

$2\frac{1}{2}$ cups apricots	1 cup toasted bread or cracker
2 tbsp. tapioca	crumbs or graham cracker crumbs.
1 tbsp. lemon juice	$\frac{1}{2}$ cup sugar

Butter bottom and sides of deep pan in electric roaster. Lay rows of apricots on bottom, then layer of tapioca and crumbs mixed together. Keep alternating these until all ingredients are used up. Leave a layer of the crumbs on top of the dish. Pour in lemon juice and bake with rest of meal.

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### Old Fashioned Pound Cake

1 lb. butter	4 cups flour
10 eggs	1 tsp. vanilla
2 cups sugar	2 tsp. baking powder

Cream butter, add sugar, very gradually until well mixed with the butter. Add whole eggs one at a time; mix well with sugar and butter before adding the next egg. When all eggs are added, add sifted flour and baking powder. Add vanilla. Mix well and bake in ungreased tube baking pan at 375 degrees for one hour and fifteen minutes.







## RECIPES

### Baking Powder Biscuits

2 c. pastry flour (sifted before measuring)	1 tsp. salt
4 tsp. baking powder	4 tbsp. shortening
	$\frac{1}{2}$ to $\frac{2}{3}$ c. milk

Sift flour, baking powder and salt. Cut in shortening until mixture has the appearance of coarse corn meal. Add milk, working only enough to combine ingredients. Turn out on thickly floured board; knead until smooth. Pat or roll out  $\frac{1}{2}$  inch thick and cut, using biscuit cutter. Place on slightly greased pan.

Temperature 450°; baking time, 10 to 15 minutes.

### Apricot Cherry Upside Down Cake

$\frac{3}{4}$ c. butter	$1\frac{1}{2}$ tsp. vanilla
$1\frac{1}{2}$ c. sugar	$\frac{3}{4}$ c. milk
4 tsp. baking powder	2- $\frac{5}{8}$ c. flour
3 eggs	

Grease bottom of pan generously with butter. Over this press  $\frac{1}{4}$  inch layer of brown sugar. Thoroughly drain 24 apricot halves (canned or dried fruit), place cherry in center of each apricot half and place cut side down on brown sugar. Arrange fruit just before putting butter in pan so sugar will not draw juice from apricots. Cook with oven meal from cold oven 1 hour and 15 minutes, in hot oven 1 hour - 350°.

### Miracle Icing

$1\frac{1}{2}$ c. sugar	2 unbeaten egg whites
$\frac{1}{3}$ c. water	$\frac{1}{4}$ tsp. cream of tartar
$\frac{1}{8}$ tsp. salt	1 tsp. vanilla

Mix sugar and water. Cook after boiling for 3 minutes. Place unbeaten egg whites and cream of tartar into small mixer bowl. Turn switch to Fast and immediately add hot syrup. Continue to beat for 5 minutes. Add vanilla and spread on cake. May add 6 marshmallows to hot syrup; allow to dissolve before adding to egg whites.

### Baked Potatoes

Wash potatoes, dry and grease lightly. Place on rack in cooker. Prop lid slightly ajar with nail, metal screw or toothpick. Turn unit on high heat for 45 minutes to one hour, depending on quantity and size of potatoes.







## BROILER RECIPES

### Grilled Ham and Vegetables

1 can peas  
1 pimento, cut fine  
 $\frac{1}{4}$  tsp. salt  
pepper

4 cooked sweet potatoes  
2 slices ham,  $\frac{3}{4}$  in. thick  
2 apples

Drain and mix peas with pimento, add salt and pepper. Place in broiler pan. Arrange thick slices of sweet potatoes around peas. Place under the broiling unit 10 minutes. Wipe meat with damp cloth. Set broiler grill on pan above vegetables and lay ham on it. Arrange slices of apple around ham. Place broiler pan so surface of meat is 2 inches from broiling unit. Turn oven switch to broil position. Broil ham 10-12 minutes on each side. Remove to a hot platter and arrange peas and sweet potatoes around ham.



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